

An Epidemiological Study of the Causes of Infertility in Couples Referred to the Infertility Treatment Center of Gafgaz

Abstract

Background and objective: Infertility is one of the most common problems of human societies, which, according to WHO estimates, between 63 and 33 million couples all over the world suffer from this problem. The aim of this study was to investigate the epidemiological causes of infertility in couples referred to the infertility treatment center of Gafgaz.

Methods: In this study, hospital records of 600 infertile couples referring to the Gafgaz Infertility Center of Ardabil city were evaluated and the required information such as age, body mass index, educational level, occupation, familial relationship, duration of infertility, type of infertility, and the causes of infertility were extracted from the records.

Results: The mean age of women was 30.6 ± 5.8 years and their husbands were 35.7 ± 6.7 years. The average couples' marriage duration was 6.94 ± 5.6 years. Infertility was primary in 484 couples (80.7%) and secondary in 116 couples (19.3%). The cause of infertility was male factors in 213 cases (35.5%), female factors in 194 cases (32.3%), both male and female factors in 74 (12.3%) with causes, and in 119 cases (19.8%) was unknown factors due to the cause. The most common findings among females were irregular menstruation in 113 cases (18.8%), amenorrhea in 35 cases (5.5%), bleeding between two menstrual periods in 37 cases (6.2%), history of abortion in 81 cases (13.5%), ectopic pregnancy in 11 cases (1.8%), history of curettage in 72 cases (12%), pelvic infection in 26 cases (4.3%), genital infections in 23 cases (3.8%), hypothyroidism in 41 cases (6.8%), weight loss in 93 cases (15.5%), overweight in 267 cases (44.5%), and obesity in 99 cases (5 / 16%). The most common findings among males were addiction in 79 cases (13.2%), smoking in 115 cases (19.2%) and varicocele in 147 cases (24.5%), low sperm count in 98 cases (16.3%), low sperm motility in 156 cases (26%), low sperm motility in 124 cases (20.7%), and sperm abnormalities in 148 cases (24.7%).

Conclusion: The findings of the current study on infertile couples referring to the Gafgaz Infertility Center of Ardabil city showed that the type of infertility is mainly primary (80.7%); the most common causes of infertility are male factors (35.5%) and then female factors (32.3%); the causes of infertility are unknown in about 20 percent of patients; irregular menstruation, bleeding between two menstrual periods, amenorrhea, abortion history, history of curettage, history of ectopic pregnancy, hypothyroidism, galactorrhea, genital infection, pelvic infection, weight deficiency, overweight, and obesity are the most common findings among females; smoking, addiction, and varicocele are the most common findings among males.

Key Words: Primary infertility, Secondary infertility, Demographic characteristics.